

Sheena's Place

Annual Report

2024

SHEENA'S PLACE ANNUAL REPORT 2024

LETTER FROM THE ED

Dear Friends,

As we reflect on the past year at Sheena's Place, the theme that repeatedly comes up is community. 2024 was a year of resilience and profound impact, thanks to the unwavering support of our participants, facilitators, staff, volunteers, and donors.

Among the many notable highlights throughout the year, the one that stands out most was our gathering to launch a weeklong art exhibit aimed at sparking dialogue about body image. The team was overwhelmed by both the quality and quantity of artwork that arrived at our doorstep from artists local and distant. I was inspired by the stories our participants shared following the thought-provoking panel discussion. I was moved when two different vendors who were present to provide paid professional services approached me to let me know that they had been unexpectedly impacted by the night. It turns out that they too had lived-experiences with eating disorders. While I confess to being caught off guard, I shouldn't have been surprised. The prevalence of eating disorders really is higher than most imagine.

At Sheena's Place, our strength lies in our collective efforts. This past year, we continued to provide a supportive environment, unlike any other that exists throughout Ontario (and arguably beyond). And by "we" I do mean all of us in this very special community. It came through at the art exhibit and it comes through daily, at each and every group session.

As we look ahead to the future, we remain hopeful that systems will change, and eating disorder-related needs are looked after. In the meantime, we will continue to be here for our community. Thank you for your continued support and dedication to Sheena's Place.

With love and gratitude,
John Choi
Executive Director



MISSION

To provide accessible, timely support and education to increase awareness and understanding of eating disorders, while fostering a sense of community and connection.

VISION

A world where every individual has an accepting relationship with their body.

VALUES

COMMUNITY

Our strength lies in our collective efforts. At Sheena's Place, participants, facilitators, staff, volunteers, and donors come together to create positive impacts. Community ultimately benefits individuals psychologically, emotionally, and physically.

COMPASSION

No one chooses to have an eating disorder. Every individual deserves compassion and the acknowledgement that their contexts matter; be it biological, social, economic, familial, or otherwise.

INTEGRITY

Trust is a key factor in all effective relationships. We consider ourselves accountable to our participants, our donors, and ourselves.

INNOVATION

We continuously seek new and effective ways of providing support for our participants. We will keep looking to different members of our community to contribute ideas and innovations for our programming.

INCLUSIVITY

Eating Disorders do not discriminate. And yet, barriers to accessing support are differentiated among different demographics and intersecting identities. We all benefit when everyone has access to our community.

OUR REACH



Unique Participants	1039
Infosessions Attendees	669
Number of Groups	122
Group Hours	2072

Eating disorders impact people of all identities, ages, body sizes, and genders and this year, Sheena's Place had a particular focus on reaching participants often underserved in eating disorder care. Every season's calendar features more than 30 programs providing opportunities for support, learning new ways to cope, artistic expression, safe movement, and learning about nutrition.

WHAT HAPPENED

IN 2024?

Some groups are mainstays in programming and have consistently been offered throughout Sheena's Place's history; groups like Adult Support, and Family, Friends, and Partners Support. Informed by participant input and emerging evidence, staff and facilitators worked together to include new offerings every season. In 2024, almost 20 new groups were introduced.

MENTORING NEW FACILITATORS TO BETTER REFLECT OUR PARTICIPANT COMMUNITY

Part of Sheena's Place's mandate and offering to community is increasing the number of skilled, competent eating disorder practitioners. Due to systemic barriers, many new mental health professionals interested in eating disorders do not receive dedicated education on this topic. **Knowing the impact of having a facilitator team that better reflects our community, this year we offered dedicated training and mentorship to 5 BIPOC group facilitators.** Three completed formal student placements with us, and two were skilled practitioners in our community who needed extra support and training in order to become full-fledged facilitators. Four of these facilitators are now part of our ongoing extended team and are continuing to offer meaningful programming to our community.

DEVELOPING NEW PROGRAMS THROUGH STRATEGIC PARTNERSHIPS

In early 2024, we hosted a brand-new group off-site in partnership with Friends of Ruby for 2SLGBTQ+ Youth to discuss their experiences with eating disorders. This support group, 2SLGBTQ+ Young Adult Support, allowed us to reach new participants who were connected to Friends of Ruby through their 2SLGBTQ+ drop-in programming. By reaching young people on-site where they were already comfortable and accessing support, we were able to reduce barriers to dedicated eating disorder supports. Jennifer Li, one of the facilitators of the group, has continued at Sheena's Place as our Youth Group facilitator.

'I wanted to say thank you to everyone at Sheena's place. My recovery journey has benefited so much from all the groups I have been able to attend and people I have met. I am very grateful that spaces and resources exist like Sheena's Place, thank you so much for all the services you offer.'

GROUP HIGHLIGHT

BLOOM: EXPLORING EATING AND BODY IMAGE THROUGH ART

Sheena's Place offers regular student placements including as part of our art therapy programming. In 2024 as part of this program Caitlin MacLean completed her thesis research project with us focused on differences between formal eating disorder therapy and community-based support like Sheena's Place. As part of the research project with the Toronto Art Therapy Institute (TATI), Caitlin facilitated a group called Bloom: Exploring Eating and Body Image Through Art. Group members co-created the content and topics of the group with Caitlin's support, as well as completed interviews about their experience of the group and of eating disorder treatment. We held a celebration of the Bloom research project at the end of the year for group members to reconnect, as well as share their art and group experience with friends and family. Caitlin has continued working with us as a regular group facilitator.

NEW GROUPS!

- Binge Eating Support
- Exploring Play
- Exploring Sleep
- Accessing Pleasure
- Altered Books & Treasure Box
- Mindful Self Compassion
- Fiercely Fat
- Resourcing the Nervous System
- Resourcing Trauma Through the Arts
- In-person Youth Support
- Interpersonal Effectiveness
- Drop-in DBT Skills

WHAT DID OUR PARTICIPANTS SAY?

"The groups have changed my life with their kindness, wisdom and insight. Each week the conversation is mind blowing, respectful and impactful. I would not be able to stay in ED recovery in the powerful way that I have if not for this program. "

"This has been one of my favourite groups in all the seasons I've been at Sheena's Place. I really needed support and I felt the group was very thoughtfully designed. I love that it was structured and had a clear plan of development and building up skills and strategies from week to week. The exercises encouraged me to reflect deeply and there was still enough time/space to share openly and hear others' perspectives. It had a great balance of conversation time and exercise time. This overall just felt like such a professionally designed and actionable group for me. I loved it!"

"I don't "do" art, so I was apprehensive when I signed up. But once I started the group, all that went away. I was worried that I would quit early because I wasn't good at art. But once I started, I never felt any pressure to do well. It was honestly freeing to do a thing badly and keep doing it!"

"I love this group so much. It is the highlight of my week and my absolute favorite group. I look forward to being able to play and go on adventures and creating art to go along with it. I struggle to get out of bed most days and this the one group that motivates me the most and I never want to miss it. I really value the opportunity to play make believe and go on adventures and it's a wonderful escape from the reality around me. By creating and playing a character in the game has given me so much confidence and as well as helped me realize things about myself."

"Being able to use my imagination. It's like solving a puzzle sometimes which I love. And being in a group with such beautiful wonderful people has really been so good for me. It makes me feel happy and playful, and I don't get a lot of time for that."

"I felt seen and heard in the group; I felt safe. The care with which group members held space for, and related to, each other built the sense of community for me. We held space for difficult emotions that the content sometimes triggered, and I felt some hope with the strategies introduced in the content that could slowly shift some of the challenges I'm experiencing. Awareness gives me hope that I can make small changes where possible."

WHAT DID OUR PARTICIPANTS SAY?



97%
said the facilitator(s) created a safe and respectful environment.



96%
said they found our groups/workshops to be helpful.



96%
said the facilitator(s) had enough knowledge and expertise to run our groups/workshops.



94%
said they would recommend our groups/workshops to others.



92%
said they gained new insights or knowledge.



90%
said our groups/workshops were supportive of their recovery journey.



90%
said they felt connected and/or supported by other group members.



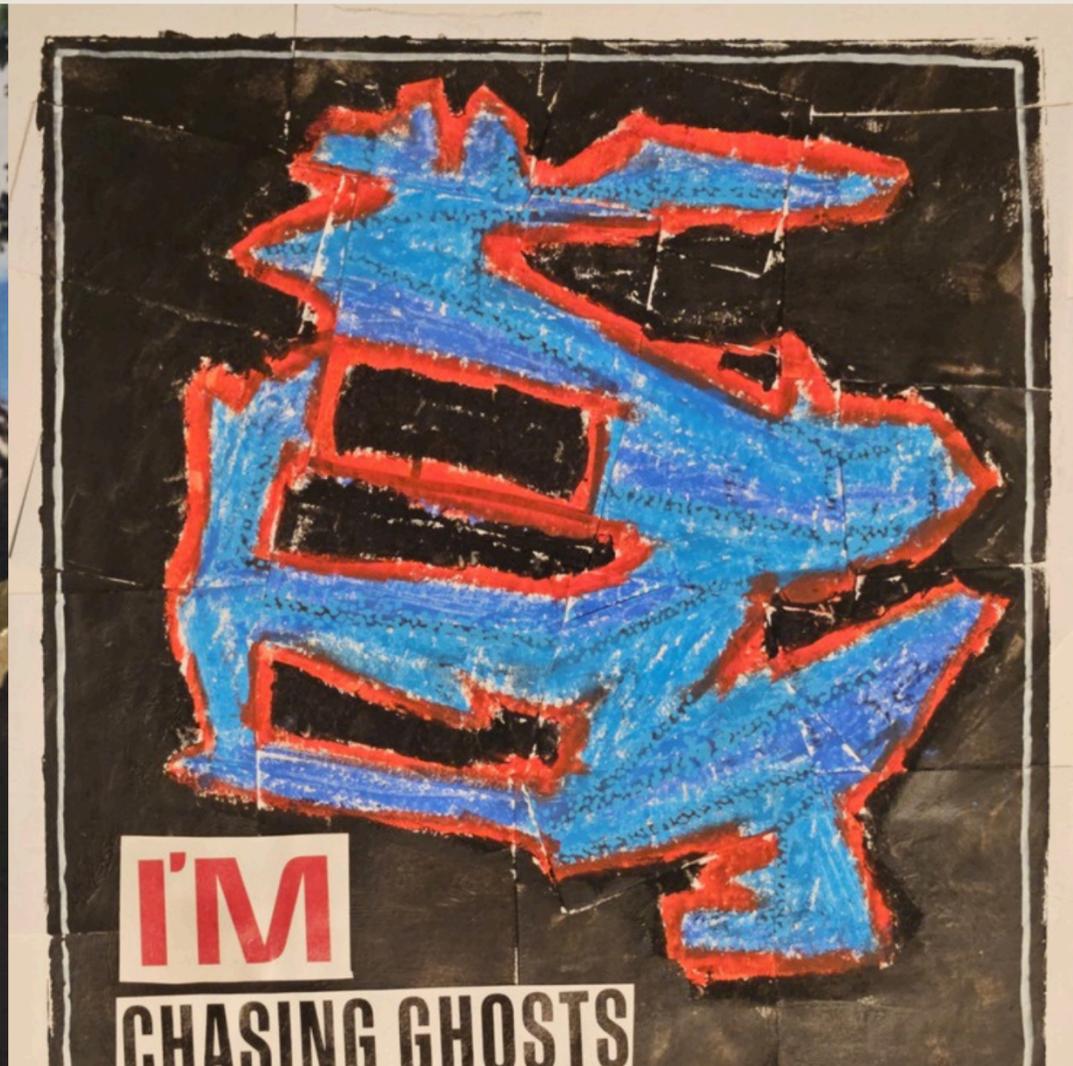
90%
said our groups/workshops were supportive of their recovery journey.



82%
said they learned new skills or coping strategies.

COMMUNITY STORIES

The Sheena's Place community includes many folks who work together to help support those in need. We'd like to introduce you to three members of our community: Leanna Scheitrowsky (she/her), one of our Art Therapy facilitators, Shilpa Joshi (she/her), one of our Board members; and Emily (she/her), one of our participants.



LEANNA SCHEITROWSKY, ART THERAPY FACILITATOR (SHE/HER)

"Art has always been a very important part of my life. 'A picture says a thousand words' is one of my mantras. I've found that in my own processing, when I start with art-making, the story isn't far behind."

Leanna studied illustration at OCAD, before working for several years as a freelance painter. In her own words, this was "lonely work," yet it helped her realize she wanted to make art alongside others; be part of a community; hear other's stories; and heal through being seen.

These values inspired Leanna to begin studying at TATI (Toronto Art Therapy Institute) in 2019, and they are also what brought her to Sheena's place in 2022.

Leanna brings a trauma-informed, anti-oppressive, person-centred, relational-cultural approach to her art therapy group sessions. Her curiosity to seek out, and create, safer spaces came out of her own mental health advocacy.





You'll find Leanna co-facilitating our Dungeons and Dragons Integrated Art Therapy group, which invites participants to think of support in a different way. What if therapy could be a game? What if connecting with your community took you on adventures? What if we took imagination seriously? This popular group has been running for almost three years, and Leanna's ability to share this role-playing game, and bring collaborative storytelling to the Sheena's Place community, continues to fill her, and our participants, with so much joy.

Leanna also co-facilitates our BIPOC Arts group. What makes this art space so unique is that participants and facilitators each bring their lived experiences to the group. There is a profound focus on racial and cultural identity narratives, which allows for all kinds of stories to be told. It's also a place to process the impact of one's skin colour, not only in eating disorder spaces, but in all spaces. The effects of systemic racism run deep, and this group specifically acknowledges and holds onto this.

"I'm so grateful to offer arts-based support to the Sheena's Place community."

– Leanna Scheitrowsky

EMILY (SHE/HER)

Emily recalls struggling with binge eating disorder, weight cycling, and body image issues for years. "My constant internal dialogue told me to be embarrassed and ashamed of my body, and my struggles were my own fault. I was wrong for existing."

"The description for Big Time Body Liberation, a group at Sheena's Place, resonated with me right away. Finding a safe, non-judgmental group centred on resisting weight stigma was life-changing. Learning about fatphobia was empowering. I came to realize that my body has never been the problem."

Mindful Approaches to Managing Cravings is facilitated by dietitians. "Here, I learned to recognize behavioural patterns of restricting. I explored techniques to connect with my body and tune in to cues. We discussed the importance of 'nourishing yourself adequately'. This phrase is so helpful to stay grounded in my values when I need the reminder that my body deserves regular care and nourishment."

In the Narrative Approaches to Redefining Our Stories group, we explored the ways society, media, and people in our lives impose and reinforce narratives upon us. After identifying the problematic narratives that drove me, I was ready to rewrite my story:





“From the first diet I was put on as a child, I developed a belief that my value and purpose in life was to reach a desirable size and shape. If I could not, that equaled failure. No matter what else I achieved, being fat was a shortcoming that made me unworthy; an embarrassment. This narrative is based on the deep-rooted belief that being fat is morally and ethically wrong. The groups at Sheena’s Place taught me that my narrative leaves out important scientific facts about body shape and size.”

Self-acceptance is an active and imperfect practice. I remind myself that my body has a right to change, take up space, and show up how it is in this moment. Self-compassion offers the possibility of an authentic and respectful relationship with my body.”

Attending SP groups has been essential to help manage my immense shame. I needed access to community and I am so thankful for finding it here.

SHILPA JOSHI (SHE/HER)

"What I love about Sheena's Place is the inclusive community it provides for its participants. The programs, facilitators and participants themselves, create an environment of support like I've never seen before."

The Sheena's Place Board is a group of dedicated volunteers who care deeply about improving the lives of those affected by eating disorders and disordered eating. Each member brings a unique set of skills, knowledge and perspectives. Shilpa has served on our Board for two years.

"It's hard to believe it has only been two years, as the organization has accomplished so much in this short period of time. I consider myself very fortunate to work with such an impactful team."

For Shilpa, joining the Board at Sheena's Place was a full circle moment. She'd first heard of Sheena's Place when she was in high school, recalling a discussion and brochures being handed out about eating disorders. At the time, Shilpa was living with an undiagnosed eating disorder, she thinks likely stemming from a childhood steeped in diet culture, where many harmful behaviours were encouraged and enforced from a young age.

Shilpa recalls how helpful it was to receive the information, as it enabled her to identify the issues she was facing. Unfortunately, at that time, it wasn't enough to convince her family she needed help.



“The reality of eating disorders was largely unrecognized in most South Asian households, or it was dismissed or brushed off as mere vanity,” says Shilpa. “And, unfortunately, it’s a reality that continues to be an issue today.”

Into adulthood, Shilpa felt she was on a roller coaster with her disordered eating, aware that the severity and intensity of the disease was strengthening with time.

She recalls hitting a point about eight years ago where she felt recovery might not be possible. Fortunately, she found help through the medical system, and this included access to support groups. She was surprised at how impactful they were to her recovery.

In these groups, Shilpa unlearned the shame and judgement she’d internalized around eating and body image. And, she learned how to view her relationship with food and eating disorders with more compassion, and less stigma, which she says was the most critical part of her recovery.

Today, as a Board member, Shilpa sees first hand how Sheena’s Place offers meaningful help to participants throughout their recovery.

With approximately 2.7 million Canadians impacted by eating disorders, the demand for services and support has never been greater. The Sheena’s Place Board recently updated its strategic plan to ensure continued support for its growing community, while also helping increase its education, awareness and fundraising efforts.

“Eating disorders are serious, and they are treatable, particularly with education and early intervention. I’m proud to be part of an organization that has had such a profound impact in our community, and is positioned to continue to do so.”

– Shilpa Joshi

EVENT RECAP TO BE SEEN: ARTISTIC DIALOGUES ABOUT BODY IMAGE

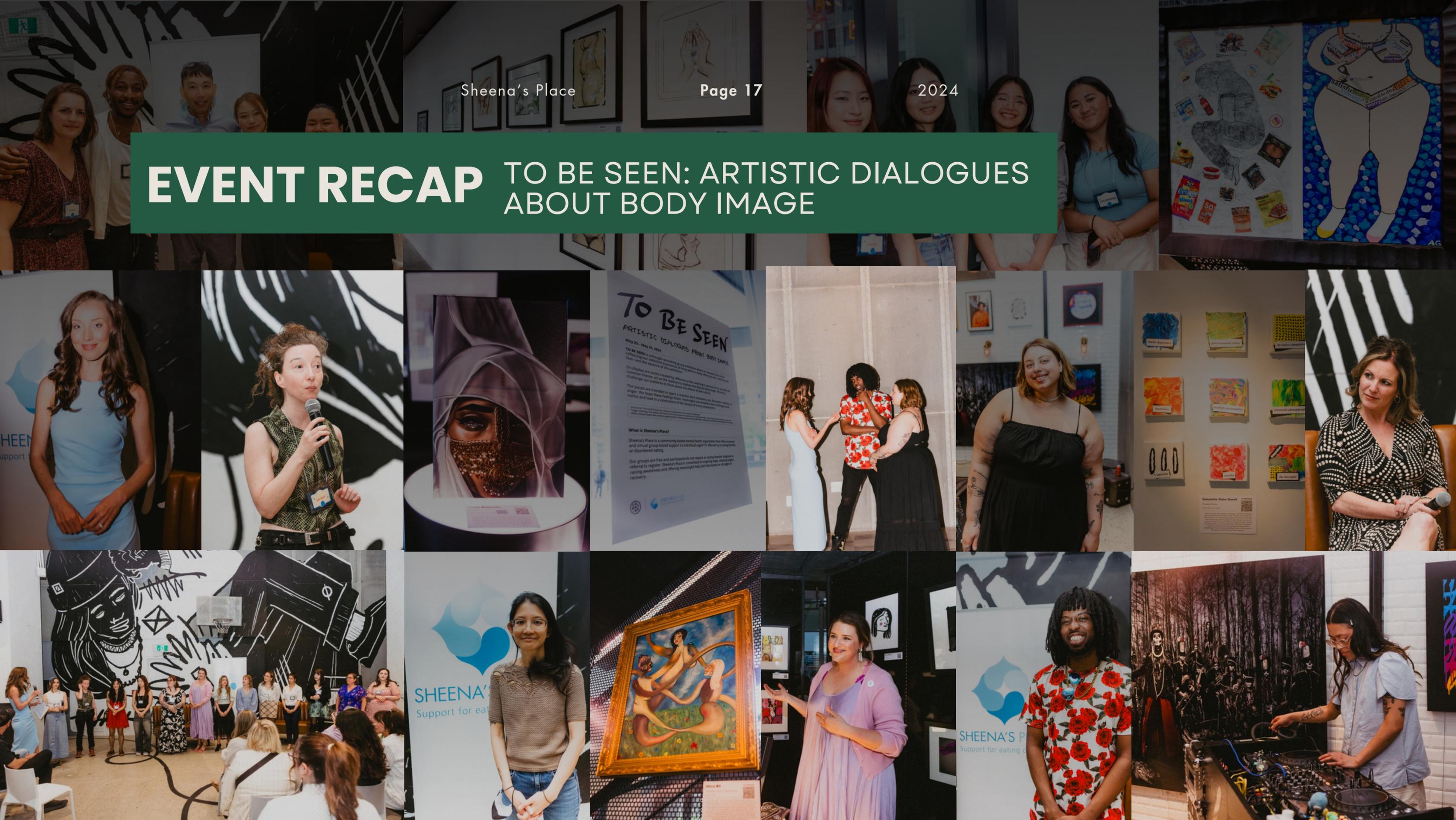
In May 2024, Sheena's Place proudly hosted To Be Seen: Artistic Dialogues About Body Image, a powerful and thought-provoking art exhibition and fundraising event that brought together community, creativity, and critical conversation. Held at The Combine in downtown Toronto, the event ran from May 23 to 31 and featured an opening night celebration with a panel discussion and silent auction.

The exhibition showcased over 90 original artworks by 28 diverse artists, each exploring themes of body image, identity, and lived experience. Through painting, sculpture, photography, and mixed media, the artists invited attendees to reflect on the emotional and societal dimensions of body image. The works were intentionally provocative—eliciting joy, discomfort, resonance, and reflection—with the goal of challenging diet culture and celebrating body diversity.

The opening night panel, moderated by Asante Haughton and emceed by Michelle Mackey, featured compelling insights from guest speakers Anita Federici, Kenzie Brenna, and Patricia Ki. Their dialogue deepened the audience's understanding of the intersection between art, mental health, and body politics. The formal portion of the evening was capped by comments from many of the artists, themselves, many of whom shared that they were inspired by the support they received from SP.

To Be Seen exemplified Sheena's Place's commitment to fostering inclusive, healing-centred spaces. It not only raised vital funds but also sparked meaningful conversations—making visible the often-unseen experiences of those navigating body image and mental health challenges.

EVENT RECAP TO BE SEEN: ARTISTIC DIALOGUES ABOUT BODY IMAGE



TO BE SEEN
 ARTISTIC DIALOGUES ABOUT BODY IMAGE
 May 23 - May 31, 2024

TO BE SEEN is a thought-provoking group exhibition that offers a unique perspective on the collective experience of living with a body that you do not always feel is the essence of who you are.

On display are works created by different artists, each with their own story to tell. The common theme: art as the medium to explore and challenge our norms, to challenge our audience to think about the effects of our culture.

The pieces are intended to spark a reaction, to be seen, to be felt, to be angry. We hope these feelings foster meaningful conversations on eating norms and lead to a celebration of the beauty of every unique form.

What is Sheena's Place?
 Sheena's Place is a community-based mental health organization that offers in-person and virtual group-based support to individuals aged 17+ affected by an eating disorder or disordered eating.

Our groups are free and participants do not require an eating disorder diagnosis or referral to register. Sheena's Place is committed to inspiring hope, raising awareness, and offering meaningful help and resources at a local level.

Summer's Color Burst

Summer's Color Burst is a collection of vibrant, abstract artworks that celebrate the season's colors and textures. Each piece is a unique expression of the artist's vision, featuring bold hues and dynamic patterns.



THIRD PARTY FUNDRAISERS

HELP!: SARAH'S PLACE

On May 24th, Sarah's Place held their annual fundraising event, "HELP", in Vaughan, ON. For over a decade, Sarah's Place has raised funds in support of eating disorders services and other important charities in Ontario. This year's event featured live music, silent auction and a lovely meal. The event raised \$5,000 to support Sheena's Place's Family, Friends, and Partners' support group. Huge thanks to Tony Marziliano and his family for continuing this tradition of bringing community together in the spirit of philanthropy!

GOOD FOR THE SOUL: FRIENDS OF THE INDUSTRY

In February 2024, a group of professionals from the insurance sector—united under the banner Friends of the Industry Healing Together (FIHT)—hosted a spirited fundraising event titled Good for the Soul in support of Sheena's Place. This community-led initiative exemplified the power of industry collaboration and grassroots generosity.

The evening featured music, games, food, and a vibrant atmosphere that brought together colleagues and friends for a shared cause: advancing mental health support. The event successfully raised **\$3,000**, which was donated directly to Sheena's Place.

FIHT's contribution not only provided financial support but also helped raise awareness within the insurance industry about the importance of resources for those with eating disorders. Their efforts reflect a growing recognition of the role that corporate and community partnerships play in sustaining vital nonprofit services.

THIRD PARTY FUNDRAISERS

Sheena's Place

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SIP & SHOP FOR A CAUSE

On 31 January 2024, Sheena's Place was honoured to be the beneficiary of Sip and Shop for a Cause, an upscale and spirited third-party fundraising event hosted at the Veronica Beard boutique in Yorkville. Organised in partnership with CocoBare and TRIA Consulting, the evening invited guests to enjoy an exclusive after-hours shopping experience featuring refreshments, networking, and community connection.

A portion of all sales from the event was generously donated to Sheena's Place, raising **\$2,141.25** to support access to our services. The event not only raised vital funds but also helped introduce Sheena's Place to new audiences through the shared values of wellness, empowerment, and social impact.

We are deeply grateful to our partners at Veronica Beard, CocoBare, and TRIA Consulting for their creativity, generosity, and commitment to mental health advocacy.



OUTREACH

This year, we engaged in a number of in-person and online talks, panels and community building events.

We remained committed to providing education around eating disorders in a non-judgemental, accessible and engaging way.



- **Number of outreach attendees (live): 700**
- **Trainings & workshops: 20**
- **Events: 3**

Presented for/Collaborated with the following organizations:

- NEDIC
- University of Toronto (Residence Life, FIFSW, Innis College, UTM)
- Sherbourne Health
- Ontario Medical Association
- TAIBU
- The Triangle Program
- Work In Progress
- CICMH
- UTSC
- Progress Place
- Bishop Allen Academy
- The Combine



QUANTITATIVE FEEDBACK



of outreach presentation respondents agreed that the facilitator(s) had sufficient knowledge and expertise to run the presentation.



of outreach presentation respondents agreed that the presentation helped them feel better equipped to identify disordered eating.



of outreach presentation respondents agreed that the facilitator(s) created a safe and respectful environment.



of outreach presentation respondents agreed that the presentation was helpful.

QUALITATIVE FEEDBACK

*"I have so many great things to say about the presentation but I don't know where to start. As a racialized person with a bigger body (!), the acknowledgement of how diet culture and ED affects different people - and not just thin, white women - made me feel seen. The reality is that ED, disordered eating, body image, etc., impacts *so many people* across all spectrums of gender, orientation, race, etc., and sometimes in different ways. Thank you for your intersectional and nuanced approach. ED and diet culture, self-esteem, and cultural attitudes, can be so complex and that was explored well in my opinion. Talking about ACE (adverse childhood trauma), things like ADHD and autism, etc., was appreciated."*

"Very engaging presenters and very empathetic."

"I really liked how it was emphasized that diet culture is a very normalized part of society, and its something we have to actively unlearn."



"Content and facilitation style was great. Facilitators were kind, supportive, and clearly knowledgeable. I liked how the empirical and historical aspects were incorporated into the presentation (e.g. how fatphobia arose in relation to racism, discussion of studies on how weight and health are more correlative than causal, etc.), while feeling very balanced with the practical guidance on how to identify disordered eating and support people who may be experiencing it."

"Good way to think about how eating disorders are structural and individual reframing of approaches to the body."

"I found that it was a really safe space which I appreciated! I also enjoyed the reassurance that the slides would be sent out so that I could be in the moment."

OUR VOLUNTEERS

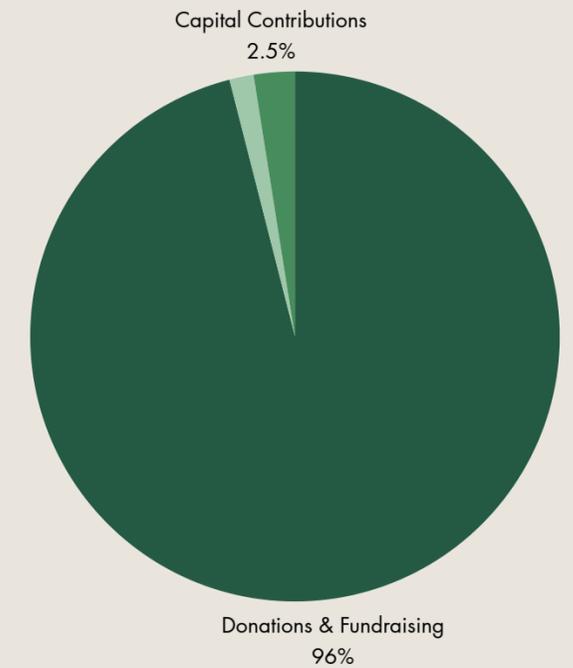
Allison Choi	Dr. Debra Katzman	Julienne Mansueto	Shilpa Joshi
Arabella Beltran	Dr. Patricia Colton	Karen Jordan	Shawn Heissler
Beth Adams	Emily Sternberg	Kat Parker	Taylor Alves
Bo Simango	Gavin Swartzman	Maria Martinez	Terri Lee
Christina Politis	Jennifer James	Nidal Haque	Tracy Britnell
Diana Hart	Jesse Hayman	Noelle de la Mothe	Trevor Lawson

FINANCIAL OVERVIEW



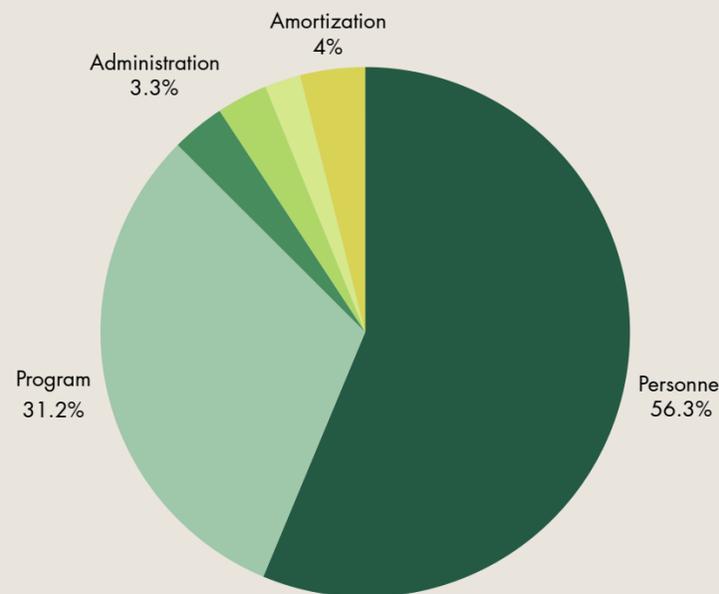
Revenue

Donations & Fundraising	\$463,972
Other	\$7,155
Capital Contributions	\$12,066
Total	\$483,190



Expenses

Personnel	\$581,997
Program	\$322,444
Administration	\$33,753
Occupancy & Maintenance	\$32,218
Fundraising (+ Event)	\$22,690
Amortization	\$40,901
Total	\$1,034,003



Investment Income	\$ 626,929
Excess of Revenue Over Expenses	\$ 76,119

OUR DONORS

Up To \$999

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\$1,000 to \$4,999

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\$10,000 to \$24,999

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